



*Birthing Healthier Families™
Your Positive Postpartum Plan*

Our family's plan is to have a smooth postpartum period. We know that we will be tired even when things go well, and we will need some additional support. This plan will help us to put together a list of friends, family, community, and professionals who will help our family succeed, despite the natural challenges that emerge in the postpartum period.

Our village (support people) with phone numbers: (friends, family, neighbors, religious community, babysitters, and professionals).

People who will cook or coordinate healthy food: (such as getting take out gift cards, coordinating mealtrain or lots of helping hands.) Don't forget to have a couple of grocery lists available for people who want to shop, as well as round trip printed directions from your house to grocery stores available for those who ask!

People who will specifically support the new mother (including times of day available) for rests, showers, walking partners, visits, phone/Skype chats, positive parenting support/advice, and anything else she needs. Great to organize at the shower or religious birth ritual.

People who will specifically support the new partner/spouse/husband (including times of day available) for rests, showers, walking partners, visits, phone/Skype chats, positive parenting support/advice, and anything else he needs. Great to organize at the shower or religious birth ritual.

People who will specifically support other child/ren and/or pets.

Mom's self care plan (If you love to do it and it makes you happy, make time for it!)

Partner/spouse/husband's self-care plan (If you love to do it and it makes you happy, make time for it!)

nourish. grow. thrive.

Find nearby birth and postpartum doulas www.dona.org
Find nearby lactation professionals <http://www.ilca.org/i4a/pages/index.cfm?pageid=3901>
Check out www.postpartum.net for a full array of state-by-state resources.

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